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Foundations of Education

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Mrs. Martin was the type of teacher who was all about engaging with the students and creating a hands on learning experience. She felt that all students can learn and that all students want to learn in her class. By having this sort of mentality students tend to follow suit and it made the whole class experience easier for everyone. Likewise, the students were enthused when Mrs. Martin would attend their sporting events or even when she gave out less homework on game nights. Her students felt a sense of respect for her and she gave that respect back. When a mutual respect is established the whole class is able to function at a even better pace. There is less absences, less horsing around, and less disruptive behavior. The students were able to move from subject material to subject material due to this sense of respect.

Mrs. Martin was all about engaging her students in a volunteer classroom activity. When she asked for three student’s to be volunteers she had at least eight students raise their hands. Students wanted to be part of these activities because they found great enjoyment in her class. One of the students who was chosen job was to act as if he was an actin filament and he used his hands to show the contraction of a muscle. The three volunteers stood side by side to show how the muscle intertwine with each other. They used their hands to demonstrate the contraction and relaxation of muscles. The student in the middle demonstrated the T-bands which were the points that connect the actin and myosin filaments. He then stood right in the middle and showed the separation of the filaments while the other two students showed the difference between the contraction and relaxation of the muscles. The third student acted as if he was the myosin filament or the dark filament and he demonstrated with his hands what the relaxation of the muscle looked like. All of this was done with Mrs. Martin’s assistance and guiding the students and to show them how it all works for the visual and hands on learners. This was an interesting point because it was an outside of the box idea and I feel that many students got it. I was just observing from the back of the room and I felt like I even understood it better than I used to.

Engaging with her students was a key to her success. When students develop a comfortable and confident relationship with their teacher they are better prepped for success. By engaging in hands on activities you can reach out to even more of the students because not all students learn from lecture. Everyone has a key to their success when learning and when you teach in multiple ways you can better educate the class as a whole. I would not consider myself always a visual or hands on learner but when I am taught an idea in multiple ways I usually am able to put that memory into long term or learning. I feel that when I am given multiple ideas I can hold onto various theories and recall them later in life because they have now reached my long term memory.

By having this simple and short hands on experience I felt that many students were able to pay more attention maybe it was due to looking at someone else when learning or even when you are a student to feel as if you are part of the learning process. When students feel that they are helping to educate their peers they often times feel that the learning process becomes even easier. I want to integrate this theory into my teaching in the future and this was just one of the many things I picked up from Mrs. Martin.